



# Center for Perinatal and Infant Mental Health

A Phoenix Children's Hospital clinic supporting the whole family during pregnancy, infancy and early childhood



## Our Services | You are not alone, we are here to help!

- › Evidenced-based treatment of perinatal and postpartum depression, anxiety, mood disorders and psychosis in high risk or medically complex pregnancies
- › Comprehensive program that works in close collaboration with the Phoenix Children's Fetal Care Center from pregnancy through the first five years, focusing on the health and wellbeing of the family as a whole.
- › Psychiatric evaluations and medication-management services
- › Individual, couples and group therapy
- › Neuropsychiatric evaluation and testing for children age zero to five
- › Connection with community resources to support you and your family

## Benefits of our Program

- › Increased knowledge of parenting skills and child development
- › Reduced stress and anxiety
- › Improved sense of control
- › Improved relationships
- › Increased self-confidence
- › Learn healthy coping skills
- › Improved communication
- › Increased personal insight
- › Support through an exciting yet challenging time in your life

## Mental Health | A family matter

The health and well-being of mothers and fathers plays a significant role in the well-being of their children, beginning during pregnancy.

Treatment can help with the following challenges that research has shown to be associated with untreated depression in prenatal and postnatal period:

- › Premature delivery
- › Low birth weight
- › Cognitive challenges
- › Behavioral Health issues later in life, including anxiety and depression.
- › ADHD
- › Increased stress within the family
- › Potential implications for healthy bonding & attachment with baby

# *“The most common complication of childbirth is depression.”*

## **Are you or someone in your family experiencing (during or following pregnancy):**

- › Sadness that will not go away
- › Shame, loss of self-esteem, or thoughts of self-harm
- › Intrusive thoughts/images
- › Paranoia/hallucinations
- › Hopelessness
- › Anxiety or racing thoughts
- › Difficulty bonding with your baby
- › Worried about taking your medication for depression or bipolar disorder while pregnant

## **Meet Your Providers:**

### **Danica Denton, DO**

Dr. Denton completed her adult psychiatry residency at Vanderbilt University Medical Center in Nashville where she gained experience working with a diverse patient population. She also completed a two year fellowship in Child and Adolescent Psychiatry while at Vanderbilt, with a focus on patients with developmental delay and early childhood development. She is certified in Perinatal Mental Health. She has also completed an Infant Mental Health Fellowship through the UC Davis-Infant-Parent Mental Health Fellowship Program in Napa, CA

### **Kari Millican, MA LPC**

Kari is certified in Perinatal Mental Health and has extensive experience in early childhood psychotherapy. She specializes in infant-toddler mental health and the fundamental aspects of bonding and attachment in the caregiver-child relationship. Kari has also been certified in numerous therapeutic approaches to treat complex trauma, depression, anxiety, etc. In her clinical experience with a diverse population, she maintains a strength-based approach with each child and family she meets.

### **Janet R. Blackham, PhD**

Dr. Blackham is the Clinical Director for Neuropsychology Services for Infants, Toddlers and Young Children, and Co-Director of the Cardiology Neurodevelopmental Program. She provides neuropsychological/developmental evaluations for children ages 0-5 years, with traumatic brain injuries, cancer, brain tumors, epilepsy, congenital heart conditions, endocrine disorders, hypoxic ischemic encephalopathy, epilepsy and other neurologic disorders.

## **Contact Us:**



For more information or to make an appointment, call our **Barrow Neurological Institute at Phoenix Children's Psychiatry Department at 602-933-0990.**